

2020-21 Schedule & Results

3-0-1. 3-0-1 CHA

	PHASE 1	
DATE	OPPONENT	TIME/RESULT
11/29	*LINDENWOOD	W, 3-0
11/30	*LINDENWOOD	W, 4-1
12/5	*SYRACUSE	W, 2-1
12/6	*SYRACUSE	T, 2-2
12/11	*at Syracuse	7 P.M.
12/12	*at Syracuse	3 P.M.

^{*} College Hockey America Game

Rankings listed at time of matchup (USCHO/USA Hockey) All times EST | Hyperlinks direct to game recaps

College Hockey America announced the first phase of the 2020-21 regular season schedule November 23, 2020. Additional phases, individual games and times will be announced at a later date.

For the latest information regarding Penn State women's hockey's schedule, visit GoPSUSports.com/whky-schedule.





PENN STATE NITTANY LIONS HEAD COACH: JEFF KAMPERSAL (3-0-1, 3-0-1 CHA)

SYRACUSE ORANGE HEAD COACH: PAUL FLANAGAN (1-3-1, 1-1-1 CHA)

NEED TO KNOW

NITTANY LIONS LIONS VS. ORANGE BACK-TO-BACK...AGAIN

The Penn State women's hockey team takes on Syracuse in its first road series of the 2020-21 season after battling to a 1-0-1 record last weekend against the Orange at Pegula Ice Arena.

THE MATCHUP

- Syracuse leads the all-time series against Penn State 3-26-7. Penn State is 2-1-1 in the last four games against the Orange dating back to Jan. 24,
- The coaching matchup features two of the top 10 winningest Division 1 women's hockey coaches in Jeff Kampersal (7th. 366) and Paul Flanagan (4th, 408).

IMPORTANT NUMBERS

Senior forward Natalie Heising became the second Nittany Lion to score 50 career goals Nov. 30. She also moved into third on PSU's all-time scoring list with 81 points on the same goal.

Freshman goalie Josie Bothun has started her collegiate career with a four-game unbeaten streak which includes at least 21 saves in each start (season-best 35 Dec. 6)

Penn State received six total votes in the USCHO.com (4) and USA Today/USA Hockey Magazine (2) women's hockey polls this week.

50 percent of Penn State's point production has come from freshmen early on this season (14 points, 5G, 9A). Kiara Zanon leads the group with four points.

2020-21 LEADERS

Points		Power Play Goals	
Natalie Heising	4	Jessica Adolfsson	1
Kiara Zanon	4	Carrie Byrnes	1
Izzy Heminger	3	Amy Dobson	1
Lyndie Lobdell	3	Natalie Heising	1
Goals		Blocked Shots	
Natalie Heising	3	Jessica Adolfsson	7
Carrie Byrnes	2	Izzy Heminger	7
Amy Dobson	2	Lyndie Lobdell	7
Kiara Zanon	2	Kiara Zanon	7
Assists		Save Percentage	
Izzy Heminger	3	Josie Bothun	.962
Lyndie Lobdell	3		
1 Tind	2		

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2020-21 ROSTER

No.	Name	Yr.	Pos.	Ht.	s/c	Hometown	Last Team
3	Alyssa Machado	Fr.	F	5-6	R	Mississauga, Ontario	Oakville Jr. Hornets
4	Maeve Connolly	Fr.	F	5-4	L	West Roxbury, Mass	s. Noble & Greenough School
6	Carrie Byrnes	Fr.	F	5-4	L	Eden Prairie, Minn.	Eden Prairie Area High School
7	Olivia Wallin	Fr.	F	5-7	R	Oakville, Ontario	Etobicoke Jr. Dolphins
11	Kiara Zanon	Fr.	F	5-5	L	Fairport, N.Y.	USA U18 Nat'l Team/Kingston Jr. Wolves
13	Rene Gangarosa	Jr.	D	5-10	L	Rochester, N.Y.	Niagara Jr. Purple Eagles
14	Julie Gough	So.	F	5-8	R	Newcastle, Ontario	Durham West Lightning
15	Jessica Adolfsson	Jr.	D	5-9	L	Linkoping, Sweden	Swedish Nat'l Team/Djurgardens IF
18	Amy Dobson	Jr.	D	5-6	L	Hamilton, Ontario	Oakville Junior Hornets
20	Natalie Heising	Sr.	F	5-5	R	Wayzata, Minn.	USA U18 Nat'l Team/Wayzata HS
21	Anna Promersberger	Jr.	F	5-8	R	Fargo, N.D.	Shattuck St. Marys
23	Jess Ciarrocchi	Fr.	F	5-4	R	West Chester, Pa.	The Hill School
24	Lyndie Lobdell	Fr.	D	5-7	R	Aurora, III.	USA U18 Nat'l Team/Chicago Mission
26	Mallory Uihlein	So.	D	5-7	R	Edina, Minn.	USA U18 Nat'l Team/Edina HS
27	Izzy Heminger	Jr.	D	5-4	R	Dublin, Ohio	Ohio AAA Blue Jackets
29	Rachel Weiss	So.	F	5-7	R	Calgary, Alberta	Canada U18 Nat'l Team/Pursuit of Excellence
30	Josie Bothun	Fr.	G	5-6	L	Wyoming, Minn.	Forest Lake Area HS
31	Annie Spring	Fr.	G	5-6	L	Winnetka, III.	Chicago Mission
32	Cam Leonard	RS Jr.	G	5-7	L	Cary, N.C.	Choate Rosemary Hall
35	Jenna Brenneman	RS Sr.	G	5-7	L	Eagan, Minn.	Clarkson Univ./Breck School

Head Coach: Jeff Kampersal (Fourth Season) **Assistant Coach**: Allison Coomey (Fourth Season) Assistant Coach: Melissa Samoskevich (First Season)

Director of Operations: Krista Patronick

	Athletic Trainer: Emily Stoeckel
1)	Captain: Natalie Heising

Equipment Manager: Logan Fischer

Alternate Captains: Rene Gangarosa, Anna Promersberger

ALPHABETICAL ROSTER

No.	Name
15	Jessica Adolfsson
30	Josie Bothun
35	Jenna Brenneman
6	Carrie Byrnes
23	Jess Ciarrocchi
4	Maeve Connolly
18	Amy Dobson
13	Rene Gangarosa
14	Julie Gough
20	Natalie Heising
27	Izzy Heminger
32	Cam Leonard
24	Lyndie Lobdell
3	Alyssa Machado
21	Anna Promersberger
31	Annie Spring
26	Mallory Uihlein
7	Olivia Wallin
29	Rachel Weiss
11	Kiara Zanon

BREN-uh-man Brenneman Bothun BAWTH-un Chir-ROW-key Ciarrocchi Gangarosa GAIN-gah-row-sah Gough HI-sing Heisina Promersberger PROM-ers-burg-er Samoskevich SAM-a-skeh-vich

PRONUNCIATION GUIDE

Add-ULF-son

YOU-line Uihlein WALL-een Kiara Zanon Kee-ARE-ah ZAN-in

LIONS BY POSITION

Defense (6):

Adolfsson

Adolfsson, Dobson, Gangarosa, Heminger, Lobdell, Uihlein

Forward (10):

Ciarrocchi, Connol-Byrnes, ly, Gough, Heising, Machado, Promersberger, Wallin, Weiss, Zanon

Goalie (4):

Bothun, Brenneman, Leonard, Spring

LIONS BY STATE

Illinois (2): Lobdell, Spring

Massachusetts (1): Connolly

Minnesota (5): Byrnes, Bothun, Brenneman, Heising, Uihlein

New York (2): Gangarosa,

Zanon

North Carolina (1): Leonard

North Dakota (1):

Promersberger

Ohio (1): Heminger

Pennsylvania (1): Ciarrocchi

LIONS BY PROVINCE

Alberta (1): Weiss

Ontario (4): Dobson, Gough, Machado, Wallin

LIONS BY COUNTRY

Canada (5): Dobson, Gough, Machado, Wallin, Weiss

Sweden (1): Adolfsson

United States (14): Byrnes,

Bothun, Brenneman, Ciarrocchi, Connolly, Gangarosa, Heising, Heminger, Leonard, Lobdell, Promersberger, Spring, Uihlein,

LIONS BY ELIGIBILITY

Senior (2): Brenneman, Heising

Junior (6): Adolfsson, Dobson, Gangarosa, Heminger, Leonard, Promersberger

Sophomore (3): Gough, Uihlein, Weiss

Freshmen (9): Byrnes, Bothun, Ciarrocchi, Connolly, Lobdell, Machado, Spring, Wallin, Zanon



PENN STATE UNIVERSITY

COACHING STAFF

Head CoachJeff Kampersal
Fourth Season at Penn State
39-44-29 School Record (Fourth Season)
366-305-87 Career Record (25th Season)
Alma Mater — Princeton, '92)
jdk55@psu.edu
Associate Head CoachAllison Coomey
Fourth Season (Niagara, '02)
aec72@psu.edu
Assistant CoachMelissa Samoskevich
First Season (Quinnipiac, '19)
mfs6423@psu.edu
Hockey OfficePegula Ice Arena
University Drive
University Park, PA 16802
Office Phone(814) 867-7458

TEAM INFORMATION

2019-20 Overall Record	13-15-8
2019-20 CHA Record	7-8-5
Postseason Finish	CHA Semifinals
Letterwinners Returning/	Lost15/9
Newcomers	9
Twitter	@PennStateWHKY
Instagram	@PennStateWHKY
FacebookPennS	tateWomensHockey

RECOGNIZED NATIONALLY

- Penn State received four votes in this week's USCHO.com women's hockey poll and two votes in the USA Today/USA Hockey Magazine poll.
- It's the first time Penn State has received votes in the national polls since Oct. 1, 2019 after an upset win at #5 Colgate, PSU's highest-ranked win in program history.
- The Nittany Lions have not been ranked in either poll's top ten since becoming a varisity program in 2012-13

LAST TIME OUT: SYRACUSE

- Penn State went 1-0-1 for the weekend against Syracuse Dec. 5-6 at Pegula Ice Arena to improve to
- 2-1-1 against the Orange in their last four matchups.
- The Nittany Lions overcame early deficits in both games, starting with a 2-1 win in game one. Trailing 1-0 late in the first, Olivia Wallin scored her first career goal. Kiara Zanon scored the eventual gamewinning goal with 7.1 seconds left in the second period.
- In game two, Syracuse's Victoria Klimek scored her second and third goals of the series to give SU the 2-0 lead, but a third-period surge from PSU with Carrie Byrnes and Amy Dobson both scoring goals tied the game and forced OT. Both teams had quality chances in OT, but neither could score in the 2-2 tie.

HEAR IT FROM COACH KAMPERSAL

 On the team's resilience after game two vs. Syracuse Dec. 6: "What's really cool about this group is they don't panic. They stuck to it, got the two to tie and had great chances in overtime, though Syracuse did as well. It was just a really good CHA hockey game with two good teams battling each other."

CHA AWARD WINNERS

- Penn State had three student-athletes win four individual awards from the conference as announced this past week.
- Natalie Heising was named CHA Player of the Month for November after scoring three goals and adding an assist in PSU's two wins over Lindenwood. The award is Heising's second after winning PotM in December 2019.
- Josie Bothun earned both CHA
 Goaltender of the Month for November and CHA Goaltender of the Week for Nov. 30-Dec.6. The freshman is unbeaten in her first four career starts.
- Kiara Zanon won CHA Rookie of the Week after scoring the eventual gamewinning goal in PSU's 2-1 win Dec. 5 against Syracuse.

FROZEN FOUR IN HOCKEY VALLEY

- The NCAA Women's Frozen Four will be hosted twice by Penn State at Pegula Ice Arena this decade; 2022 and 2026.
- First, the Nittany Lions will host the tournament at Pegula Ice Arena for the first time in school history March 18-20, 2022. This will include two NCAA semifinals along with the National Championship game.
- The announcement was made by the NCAA on April 18, 2017. The Nittany Lions are currently in just their ninth season as a varsity program in 2020-21.
- A second announcement from the on October 14, 2020 granted Penn State a second hosting opportunity for the Frozen Four in 2026. Once again, Penn State will host both semifinals and the national championship game in University Park.

2020-21 COLLEGE HOCKEY AMERICA SEASON STANDINGS

	CHA Points	CHA Record	CHA Pct.	Overall	Pct.	Home	Away	Neutral	Streak
Penn State	7	3-0-1	0.875	3-0-1	0.875	3-0-1	0-0-0	0-0-0	T1
Robert Morris	4	2-0	1.000	2-0	1.000	2-0	0-0	0-0	W2
Syracuse	3	1-1-1	0.500	1-3-1	0.300	1-1-0	0-2-1	0-0-0	T1
Mercyhurst	0	0-0	0.000	0-0	0.000	0-0	0-0	0-0	
RIT	0	0-1	0.000	0-1	0.000	0-0	0-1	0-0	L1
Lindenwood	0	0-2	0.000	0-4	0.000	0-0	0-4	0-0	L4



HEISING RISING

- Senior forward Natalie Heising became the second Nittany Lion to score 50 career goals after her first-period score Nov. 30 against Lindenwood. (Laura Bowman, '17, 61 goals).
- Heising surpassed Shannon Yoxheimer ('16) for third on the all-time PSU scoring list with her 81st point Nov. 30. Among Penn State players with at least 50 career games played, she ranks first in program history with 0.75 points per game (81 pts, 108 GP) and goals per game at 0.46 (50G).
- Heising tops the PSU record book with 19 power play goals. Her 10 PPG in 17-18 tied the NCAA lead and set a program single-season record. Her 11 gamewinning scores total also tops the PSU all-time list.
- Heising was named the 2017-18 CHA Rookie of the Year, becoming the first Nittany Lion to win the award. In her freshman year, she set the all-time single-season PSU goals record (19).

DIT UP WITH THE CREW

- Junior defender Rene Gangarosa set the PSU all-time season mark for points by a defender with 18 (6G, 12A). She led the 2019-20 Nittany Lions with five power-play scores. In 2020-21, Gangarosa has also spent time as a forward.
- Junior defender Izzy Heminger was named to the All-CHA Second Team after her 16-point season (4G, 12A). Her 29 points through two seasons ranks four among all program defenders. Her three assists are tied for the PSU team lead in 2020-21.
- Sophomore defender Mallory Uihlein became the second Nittany Lion defender in the last two seasons to be named to the All-CHA Rookie Team. She tied the team high with nine assists and had 11 total points.
- Junior defender and 2018-19 All-Rookie team performer Jessica Adolfsson returns to the lineup after missing most of 2019-20 with an injury. She adds another threat on the power play with her five career PP goals, including one Nov. 30.

ELECTRIC FRESHMEN SKATERS

- Penn State has already seen the impact its freshmen class can bring to the team in 2020-21 as the rookie class has accounted for 50-percent of Penn State's offense through four games (14 points).
- Forward Kiara Zanon is off to a hot start with four points, including the goahead goal in PSU's Dec. 5th win and her first career goal Nov. 30. She tops all PSU forwards with a +3 rating.
- Forward Carrie Byrnes has scored two big goals for Penn State. She netted PSU's first of the season Nov. 29 and then started PSU's comeback Dec. 6 with the first goal in the third period.
- Defender Lyndie Lobdell is tied for the team lead with three assists. Forwards Maeve Connolly and Jess Ciarrocchi have also made impact plays and combined for four assists.
- Forward Olivia Wallin scored in the first period of her first game Dec. 5.

COOL CALM AND COLLECTED

- Freshman goaltender Josie Bothun remains unbeaten through her first four career starts (3-0-1), the longest unbeaten streak to start a career in goal for Penn State.
- Bothun became the first Nittany Lion ever to both win her first start and post a shutout in her first start.
- She was pivotal in keeping Penn State in the game Dec. 6 against Syracuse, making a season-high 35 saves in the 2-2 tie.

EXPERIENCED FORWARDS

- Junior Amy Dobson scored the gametying goal in the third period Dec. 6. She has two goals in 2020-21 and has scored three times in the last five games dating back to last year's CHA Tournament.
- Junior Anna Promersberger notched five points (2G, 3A) in 2019-20, including a momentum swinging score in the CHA Tournament first round vs. RIT. She has a pair of assists to start 2020-
- Sophomore Julie Gough provided a nice spark at various times in 2019-20 with three goals and three assists. She picked up her first assist of the year on Carrie Byrnes' goal Dec. 6.

TEAM COMPARISON							
PENN STATE SYRACUSE							
Overall record	3-0-1	1-3-1					
Conference record	3-0-1	1-1-1					
Goals scored per ga	me 2.75	2.6					
Goals allowed per ga	ame 1.0	2.2					
Shots	186	123					
Shots per game	46.5	24.6					
Assists	17	20					
Penalties per game	4.2	5.0					
Power-play pct.	16.7 (4/24)	23.5 (4/17)					
Penalty-kill pct.	87.5 (14/16)	91.3 (21/23)					
Saves	100	168					
Shutouts	1	0					

TOP SKATERS COMPARISON PENN STATE SYRACUSE **Points** Heising/Zanon (4) Klimek (6) Goals Klimek (4) Heising (3) **Assists** Heminger/Lobdell (3) Bellefontaine (3) **Shots** 2 Tied (21) DiGirolamo (20) +/-2 Tied (+4) Siermachesky (+4) Saves Bothun (100) Small (157) Save Pct. Bothun (.962) Small (.935) GAA Bothun (0.98) Small (2.18) **Record** Bothun (3-0-1) Small (1-3-1)

USCHO.COM WOMEN'S COLLEGE HOCKEY POLL (12/7/20)

	TEAM	RECORD	LAST POLL
1	Wisconsin	1-1-0	1
2	Northeastern	0-0-0	2
3	Minnesota	3-1-0	3
4	Ohio State	2-2-0	4
5	Colgate	4-1-0	5
6	Minnesota Duluth	4-2-0	6
7	Clarkson	1-2-0	7
8	Providence	5-0-1	9
9	Boston College	4-2-0	10
10	Boston University	1-1-0	7

Others: Mercyhurst 4, Penn State 4, Quinnipiac 2, Robert

Italics Indicates 2020-21 Opponent

USA TODAY/USA HOCKEY MAGAZINE WOMEN'S COLLEGE HOCKEY POLL (12/8/20)

	TEAM	RECORD	LAST POLL
1	Wisconsin	1-1-0	1
2	Northeastern	0-0-0	2
3	Minnesota	3-1-0	3
4	Ohio State	2-2-0	4
5	Colgate	3-0-0	6
6	Minnesota Duluth	2-0-0	7
7	Clarkson	0-1-0	5
8	Providence	3-0-1	9
9	Boston College	2-2-0	10
10	Boston University	0-0-0	8

Others: Quinnipiac 6; Penn State 2; Robert Morris 1 Italics Indicates 2020-21 Opponent



2020-21 CAPTAINS

- Senior forward Natalie Heising was named captain by her peers for the 2020-21 campaign alongside althernate captains Rene Gangarosa and Anna Promersberger.
- Heising scored a team-best 13 goals in 2019-20 and served as the team's alternate captain the past two seasons.
- Gangarosa set a new program best with 18 points as a defender in 2019-20.
- Promersberger scored five points and played valuable minutes on the team's penalty-killing unit for the 2019-20 season.

THE HEART OF HOCKEY VALLEY

- Pegula Ice Arena is a state-of-the-art college hockey facility built not only to house the Penn State varsity and club hockey programs, but to serve as a central hub to local hockey enthusiasts in central Pennsylvania.
- The 5,782-capacity arena rink, which also boasts the 1,000-seat "Roar Zone" student section, is among the best collegiate hockey facilities in the country. It has hosted multiple events outside of Penn State hockey contests, including NHL Preseason contests, most recently featuring the Buffalo Sabres and the Pittsburgh Penguins Sept. 16, 2019. A second community ice rink has also enabled the facility to host youth hockey tournaments, figure skating programs, ice shows, and community open skates.
- The facility was brought to fruition by an initial \$88 million donation - the largest in University history - from Terry and Kim Pegula, who, through their gift, helped Penn State realize its goal of Division I hockey. At the ceremonial groundbreaking on April 20, 2012, the Pegulas added \$14 million to the project to lift the total donation to \$102 million. The first Penn State women's hockey contest in Pegula was played Oct. 19, 2013 vs. Union.

THE LAST TIME PENN STATE...

In	e past time bev	IN STATE
Scored O goals	2/28/20	vs. Mercyhurst (0-3)
Scored 1 goal	3/06/20	vs. Mercyhurst (1-4)
Scored 2 goals	12/6/20	vs.Syracuse (2-2 OT)
Scored 3 goals	11/29/20	vs Lindenwood (3-0)
Scored 4 goals	11/30/20	vs. Lindenwood (4-1)
Scored 5 goals	2/22/20	at Lindenwood (5-1)
Scored 6 goals	12/7/19	vs. RIT (6-2)
Scored 7 goals	Never	V3. IXII (U Z)
Scored 8 goals	10/7/16	at Union (8-1)
Scored 9 goals	Never	at Official (0-1)
Scored 10 goals	1/4/13	vs. Chatham (10-0)
Allowed 0 goals	11/29/20	
Allowed 1 goals	12/5/20	vs Lindenwood (3-0) vs. Syracuse (2-1)
Allowed 2 goals	12/6/20	vs. Syracuse (2-2 OT)
Allowed 3 goals	2/28/20	vs. Mercyhurst (0-3)
Allowed 4 goals	3/06/20	vs. Mercyhurst (1-4)
Allowed 5 goals	11/2/19	at RMU (0-5)
Allowed 6+ goals	10/26/19	vs. BU (1-5)
Won in overtime	10/21/17	at Merrimack (4-3 OT)
Lost in overtime	10/27/18	at Mercyhurst (4-5 OT)
Tied	12/6/20	vs. Syracuse (2-2 OT)
Played a ranked team	11/30/19	vs. #7/6 Clarkson (1-3)
Beat a ranked team	9/29/18	at #5 Colgate (4-2)
Attempted 10-19 shots	3/06/20	19 vs. Mercyhurst (1-4)
Attempted 20-29 shots	2/28/20	20 vs. Mercyhurst (0-3)
Attempted 30-39 shots	3/05/20	38 vs. RIT (4-1)
Attempted 40-49 shots	12/6/20	vs. Syracuse (2-2 OT)
Attempted 50-59 shots	11/30/20	vs. Lindenwood (4-1)
Attempted 60-69 shots	11/3/12	64 vs. Sacred Heart (8-2)
Attempted 70+ shots	1/5/13	71 vs. Chatham (4-0)
Allowed 0-9 shots	10/11/19	9 vs. RPI (2-0)
Allowed 10-19 shots	1/10/20	11 vs. Lindenwood (2-1)
Allowed 20-29 shots	12/5/20	vs. Syracuse (2-1)
Allowed 30-39 shots	12/6/20	vs. Syracuse (2-2 OT)
Allowed 40-49 shots	10/5/19	40 vs. Mercyhurst (1-4)
Allowed 50-59 shots	12/31/16	53 at Princeton (5-5 OT)
Allowed 60-69 shots	3/4/16	64 at Syracuse (2-3, 30T)
Allowed 70+ shots	12/1/12	71 at #4 Mercyhurst (1-7)
Tallied 5-9 assists	11/30/20	vs Lindenwood (4-1)
Tallied 10-15 assists	10/28/16	10 at RIT (5-0)
Tallied 15+ assists	1/4/13	17 vs. Chatham (10-0)
Scored 10-19 points	3/05/20	11 vs. RIT (4-1)
Scored 20+ points	10/7/16	22 at Union (8-1)
Scored 2 power-play goals	11/30/20	vs Lindenwood (4-1)
Scored 3 power-play goals	2/24/18	vs. Lindenwood (6-0)
Allowed 2 power-play goals	2/15/20	at RIT (3-4)
Allowed 3 power-play goals	10/26/19	vs. #10 Boston University (1-5)
Had 5 different goal scorers	12/7/19	vs. #10 Boston offiversity (1 3)
Had 6 different goal scorers	10/20/12	at Sacred Heart (6-1)
Had 7 different goal scorers	1/4/13	vs. Chatham (10-0)
Had 8 different goal scorers	11/3/12	vs. Sacred Heart (8-2)
Did not commit a penalty	2/22/19	at RIT (0-3)
Did not commit a penalty	2/22/13	at Kii (0-3)

THE LAST TIME A PENN STATE PLAYER...

THE DAG! TIME A PLAN STATE PURIEH								
Scored 2 goals	11/29/20	Natalie Heising						
Scored 3 goals	3/5/20	vs. Lindenwood (3-0) Natalie Heising						
Had 3 assists	3/5/20	vs. RIT (4-1) Shea Nelson vs. RIT (4-1)						
Had 4 points	10/7/16	Laura Bowman / Amy Petersen at Union (8-1)						
Had 10+ shots	1/21/19	10, Natalie Heising						
Made 40-49 saves	10/5/19	vs. Lindenwood (2-1) 40, Chantal Burke						
Made 50-59 saves	11/1/14	at Wisconsin (0-3) 50, Hannah Ehresmann						
Made 60+ saves	3/4/16	at Syracuse (2-2 OT) 61, Celine Whitlinger						
Had a solo shutout	11/29/20	vs. Syracuse (2-3 30T) Josie Bothun						
Had a combined shutout	1/5/13	vs. Lindenwood (3-0) Celine Whitlinger/Brooke Meyer						
Scored an empty-net goal	11/29/20	vs. Chatham (4-0) Natalie Heising						
Scored a short-handed goal	12/6/19	vs. Lindenwood (3-0) Mallory Uihlein vs. RIT (3-0)						



HONORS & AWARDS FOR CURRENT STUDENT-ATHLETES 2020-21

CHA Player of the Month

Natalie Heising November

CHA Goalie of the Month

Josie Bothun November

CHA Goalie of the Week

Josie Bothun Dec. 7

CHA Rookie of the Week

Dec. 7 Josie Bothun

2019-20

All-CHA Second Team

Izzy Heminger

All-CHA Rookie Team

Mallory Uihlein

CHA Player of the Month

Natalie Heising December

CHA Rookie of the Month

Mallory Uihlein November

2018-19

All-CHA 1st Team

Natalie Heising

All-CHA 2nd Team

Jenna Brenneman

All-CHA Rookie Team

Jessica Adolfsson

CHA Rookie of the Month

Izzy Heminger

November

2017-18

All-CHA 2nd Team

Natalie Heising

2018-19 All-CHA Rookie Team

Natalie Heising

CHA Rookie of the Month

Natalie Heising November Natalie Heising December

*All previous seasons include yearly and montlhly awards only. For the full list of awards, see page 46 of the Penn State Women's Hockey Yearbook online at GoPSUSports.com/whky-yearbook.

2020-21 RECORD BREAKDOWN
3-0-1at home
0-0-0on the road
0-0-0 neutral site
0-0-0in overtime
2-0-0when scoring first
1-0-1when opponent scores first
1-0-0when leading after the 1st period
0-0-1 when trailing after the 1st period
2-0-0when tied after the 1st period
3-0-0when leading after the 2nd period
0-0-1
0-0-0when tied after the 2nd period
3-0-1 when out-shooting opponent
0-0-0 when out-shot by opponent
0-0-0 when taking same # of shots
2-0-1when winning more faceoffs
1-0-0when losing more faceoffs
0-0-0 when tied in faceoffs
1-0-0 when taking more penalties
2-0-1 when taking fewer penalties
0-0-0 \ldots when taking the same # of penalties
2-0-0when scoring a power play goal
1-0-1when not scoring a power play goal
1-0-1when allowing a power play goal
2-0-0when not allowing a power play goal
0-0-0 when scoring 0 goals
0-0-0 when scoring 1 goal
1-0-1when scoring 2 goals
1-0-0when scoring 3 goals
1-0-0 when scoring 4+ goals
1-0-0 when allowing 0 goals
2-0-0 when allowing 1 goal
0-0-1when allowing 2 goals
0-0-0when allowing 3 goals
0-0-0 when allowing 4+ goals
2-0-0 in November
1-0-1in December
0-0-0in January
0-0-0in February
0-0-0in March
1-0-0
0-0-0on Tuesday
0-0-0 on Wednesday
0-0-0on Thursday
0-0-0on Friday
1-0-0 on Saturday
1-0-1on Sunday
3-0-1during the day
0-0-0 at night
3-0-1 vs. CHA
0-0-0vs. ECAC Hockey
0-0-0vs. Hockey East
0-0-0 vs. WCHA
0-0-0 vs. ranked opponents
3-0-1 vs. ranked opponents
0-0-0 when ranked
3-0-1 when unranked
0-0-0 one-goal games
o o o one godi games

SCORING BREAKDOWN

SCORING BY CLASS

Class	G	A	Points
Freshmen	5	9	14
Sophomores	0	2	2
Juniors	3	5	8
Seniors	3	1	4
Totals	11	17	28

SCORING BY POSITION

Position	G	Α	Points
Forwards	10	10	20
Defense	1	7	8
Goaltenders	0	0	0
Totals	11	17	28

SPECIAL TEAMS

Power Play	Goals	Att.	Pct.
Home	4	24	.167
Away	0	0	.000
Neutral	0	0	.000
Total	4	24	.167
Nonconference	0	0	.000
CHA Reg. Season	4	24	.167
CHA Tournament	0	0	.000

Penalty Kill	Kills	Att.	Pct.
Home	14	16	.875
Away	0	0	.000
Neutral	0	0	.000
Total	14	16	.875
Nonconference	0	0	.000
CHA Reg. Season	14	16	.875
CHA Tournament	0	0	.000





JEFF KAMPERSAL HEAD COACH

Fourth Season Princeton, '92

OVERALL RECORD

366-305-87 (25th Season)

PENN STATE RECORD 39-44-29 (4th Season)

YEAR-BY-YEAR

1996-97	13-16
1997-98	12-16-2
1998-99	15-14-1
1999-00	11-13-5
2000-01	13-13-3
2001-02	15-11-3
2002-03	20-9-2
2003-04	20-11
2004-05	16-10-5
2005-06	21-8-4
2006-07	16-12-3
2007-08	14-12-6
2008-09	18-11-2
2009-10	13-14-4
2010-11	16-14-1
2011-12	12-15-4
2012-13	11-16-2
2013-14	14-13-4
2014-15	15-14-2
2015-16	22-9-2
2016-17	20-10-3
2017-18	10-15-11
2018-19	13-14-9
2019-20	13-15-8
2020-21	3-0-1

TOTAL 366-305-87

HEAD COACH JEFF KAMPERSAL

One of the winningest and well-respected coaches in women's ice hockey history, Jeff Kampersal enters his fourth season at the helm of the Penn State program in 2020-21. His coaching excellence at both the collegiate level and the international level with USA Hockey has brought a steadying veteran leadership to the up-and-coming Nittany Lions.

Heading into the 2020-21 season, Kampersal ranks sixth in career victories among active Division I women's hockey coaches with 363, a total that also ranks seventh all-time.

Penn State has reached the College Hockey America semifinals for three-straight seasons for the first time in its history under Kampersal's direction.

Kampersal's team has showcased defensive excellence since his arrival, highlighted in the 2019-20 season by seven total shutout victories, a single-season program high. Penn State's increased competitiveness has resulted in marquee program victories of late, including a win over fifth-ranked Colgate, 4-2, in 2018-19, the highest-ranked win in program history.

The 2019-20 Nittany Lions added three more All-CHA award recipients for now 11 honorees over the past three seasons. That total is tied for the most conference honorees in any three-year stretch.

Kampersal's arrival impacted Penn state immediately on the ice in his first season in 2017-18, when Penn State allowed a CHA-best 1.92 goals per game, an improvement of more than a goal per game from the previous season.

In addition to his on-ice guidance, Kampersal has built and sustained a program culture of excelence both in the classroom and in the community. Since Kampersal's arrival in Hockey Valley, Penn State women's hockey recorded back-to-back perfect academic progress rates according to the latest NCAA APR reports, which measures eligibility, retention and graduation of the program's student-athletes. The Nittany Lions have also had 66 All-CHA Academic team honorees and 61 Academic All-Big Ten winners during his tenure.

The 2018-19 team captain Kelsey Crow was the recipient of Penn State's prestigious Eric A. Walker Award, an award given to a graduating Penn State senior who has best represented the university through extracurricular activities and community service.

Kampersal was named Penn State head coach on June 1, 2017. The head coach of the Princeton Tigers for 21 seasons, Kampersal garnered ECAC Hockey Coach of the Year honors three times and Ivy League Coach of the Year accolades twice. He guided the Tigers to two Ivy League Championships (2005-06 & 2015-16) and two NCAA Tournament appearances (2005-06 & 2015-16).

Kampersal's student-athletes earned 68 All-Eastern College Athletic Conference (ECAC) Hockey honors, 54 All-Ivy League selections, five Patty Kazmaier Award nominees and two American Hockey Coaches Association (AHCA) All-America plaudits. During his final two seasons at Princeton, Kampersal guided the Tigers to a 42-19-5 cumulative record that included the 2016 Ivy League Championship and an NCAA Tournament at-large berth.

The 2016-17 campaign saw Princeton compile an overall record of 20-10-3, falling to eventual national champion Clarkson in the ECAC Tournament semifinals. During the season, the Tigers recorded seven wins over ranked teams, had a Patty Kazmaier top-10 finalist, the USCHO.com National Rookie of the Year, six All-Ivy League members and four All-ECAC members, including the Goalie and Rookie of the Year. Princeton was ranked No. 9 in the final 2016-17 USCHO.com poll.

In 2015-16, Kampersal directed Princeton to its winningest season in program history to date. The Tigers compiled a 22-9-2 record, won the Ivy League title, had an NCAA Tournament bid and Kampersal earned Ivy League and ECAC Hockey Coach of the Year honors.

Kampersal's experience as a coach with USA Hockey includes guiding the USA Women's Hockey Under-18 Team to silver medals at the 2013 and 2014 International Ice Hockey Federation (IIHF) World Women's U18 Championships. He also served on the coaching staff of the USA Women's Select Festival from 2004-06.

A 1992 Princeton graduate with a degree in psychology, Kampersal served as the men's hockey team's captain as a senior. An All-Ivy League and All-ECAC selection, Kampersal was awarded the 1941 Championship Trophy, given to the Princeton player who best represents the winning spirit of the 1941 championship team.

From Beverly, Massachusetts, Kampersal played high school hockey at St. John's Prep in Danvers, Massachusetts, and was inducted into the school's Hall of Fame in 2009.

A 10th-round selection of the National Hockey League's New York Islanders in the 1988 entry draft, Kampersal played for the ECHL's Richmond Renegades and the AHL's Capital District Islanders.

Kampersal and his wife, Eileen, have a daughter, Keira, and a son, Jack.





KAMPERSAL COACHING FILE

Head Coaching Experience
2017-Present Penn State 1996-2017 Princeton
International Coaching Experience
2011-14USA Hockey U18 Head Coach 2004-06USA Women's Select Festival Coach
Playing Experience
1992-93Richmond Renegades1992-93Capital District Islanders1988-92Princeton1985-88St. John's Prep (Mass.)
Division I Women's Hockey Coaching Rankings Victories - Active
Coaching Honors
ECAC Hockey Coach of the Year4 Times
2001-02, 2005-06, 2008-09, 2015-16 Ivy League Coach of the Year
Accolades Under Coach Kampersal All-ECAC Hockey Honors



WINNINGEST NCAA DIVISION 1 WOMEN'S HOCKEY COACHES

#	NAME	WINS	GAMES	WINNING %	SCHOOL
1.	MARK JOHNSON	523	662	.825	Wisconsin
2.	MIKE SISTI	498	741	.711	Mercyhurst
3.	KATEY STONE	494	801	.650	Harvard
4.	PAUL FLANAGAN	408	766	.576	St. Lawrence/Syracuse
5.	BRAD FROST	405	516	.818	Minnesota
6.	Shannon Miller	383	577	.707	Minnesota-Duluth
7.	JEFF KAMPERSAL	366	758	.540	Penn State/Princeton
8.	Heather Linstad	322	692	.524	Northeastern/UConn
9.	KATIE KING CROWLEY	325	491	.714	Boston College
10.	Bob Deraney	319	680	.523	Providence

ALL CAPS indicates active coaches.



SEASON RESULTS AND STATISTICS

Date	Opponent		Score	Att.
* Nov 29	LINDENWOOD	W	3-0	128
* Nov 30	LINDENWOOD	W	4-1	127
* Dec 05	SYRACUSE	W	2-1	125
* Dec 06	SYRACUSE	Tot	2-2	126
TEAM STATIS	STICS	PSU		OPP
SHOT STATIS	TICS			
Goals-Shot at	tempts	11-186		4-104
Shot pct.		.059		.038
Goals/Game		2.8		1.0
Shots/Game		46.5		26.0
POWER PLAY	S			
Goals-Power	Plays	3-24		2-16
Conversion P	ercent	.125		.125
Shot Attempts	3	37		17
Shot Percent		.081		.118
GOAL BREAK	DOWN			
Power Play		3		2
Short-handed		0		0
Empty net		1		0
Penalty		0		0
Unassisted		2		1
Overtime		0		0
Shootout		0		0
Delayed Pena	alty	0		0
PENALTIES				
Number		17		25
Minutes		34		50
Penalties/Gar	ne	4.2		6.2
Pen minutes/	Game	8.5		12.5
SHOOTOUTS	(Made-Att)	0-0		0-0

Record:	Over	all		Hom	е		Away	1	Neutra	
ALL GAMES	3-0-	1		3-0-	1		0-0-0		0-0-0	
CONFERENCE	3-0-	1		3-0-	1		0-0-0		0-0-0	
NON-CONFERENCE	0-0-	0		0-0-0)		0-0-0		0-0-0	
## Player		gp	g	а	pts	sh	sh%	pen-min	pp	sh
20 Heising, Natalie		4	3	1	4	20	.150	0-0	1	0
11 Zanon, Kiara		4	2	2	4	20	.100	0-0	0	0
27 Heminger, Izzy		4	0	3	3	13	.000	1-2	0	0
24 Lobdell, Lyndie		4	0	3	3	19	.000	2-4	0	0
6 Byrnes, Carrie		4	2	0	2	14	.143	0-0	0	0
18 Dobson, Amy		4	2	0	2	21	.095	2-4	1	0
23 Ciarrocchi, Jess		4	0	2	2	9	.000	3-6	0	0
4 Connolly, Maeve		4	0	2	2	5	.000	1-2	0	0
21 Promersberger, Ann	а	4	0	2	2	9	.000	1-2	0	0
15 Adolfsson, Jessica		4	1	0	1	12	.083	1-2	1	0
7 Wallin, Olivia		2	1	0	1	4	.250	2-4	0	0
14 Gough, Julie		4	0	1	1	12	.000	1-2	0	0
26 Uihlein, Mallory		4	0	1	1	7	.000	0-0	0	0
13 Gangarosa, Rene		4	0	0	0	21	.000	2-4	0	0
TM TEAM		3	0	0	0	0	.000	1-2	0	0
Total		4	11	17	28	186	.059	17-34	3	0
Opponents		4	4	6	10	104	.038	25-50	2	0
## Goalie	gp		min	ga	ga	aavg	saves	save%	w-l-t	
30 Bothun, Josie	4	2	244:06	4	(0.98	100	.962	3-0-1	
TM EMPTY NET	3		0:54	0		-	0	.000	0-0-0)
Total	4	2	245:00	4	(0.98	100	.962	3-0-1	
Opponents	4	2	245:00	11	2	2.69	175	.941	0-3-1	

Attendance Summary Total Dates/Avg Per Date Neutral Site #/Avg				506 4/126 0/0		Opponent 0 0/0
Goals by Period Penn State Opponents	1st 3 4	2nd 5 0	3rd 3 0	0 0	Total 11 4	
Saves by Period Penn State Opponents	1st 48 43	2nd 23 66	3rd 25 62	OT 4 4	Total 100 175	





INDIVIDUAL STATISTICS

					Shots		Penalties				Goals											
##	Player	gp	g	а	pts	sh	sh%	+-	pen-min	min	maj	oth	рр	sh	fg	gw	gt	ot	ht	pn	ua	blk
20	Heising, Natalie	4	3	1	4	20	.150	+2	0-0	0	0	0	1	0	1	0	0	0	0	0	0	2
11	Zanon, Kiara	4	2	2	4	20	.100	+3	0-0	0	0	0	0	0	0	1	0	0	0	0	1	7
27	Heminger, Izzy	4	0	3	3	13	.000	+4	1-2	1	0	0	0	0	0	0	0	0	0	0	0	7
24	Lobdell, Lyndie	4	0	3	3	19	.000	+3	2-4	2	0	0	0	0	0	0	0	0	0	0	0	7
6	Byrnes, Carrie	4	2	0	2	14	.143	+3	0-0	0	0	0	0	0	1	1	0	0	0	0	0	1
18	Dobson, Amy	4	2	0	2	21	.095	+1	2-4	2	0	0	1	0	0	1	1	0	0	0	0	5
23	Ciarrocchi, Jess	4	0	2	2	9	.000	+2	3-6	3	0	0	0	0	0	0	0	0	0	0	0	0
4	Connolly, Maeve	4	0	2	2	5	.000	+2	1-2	1	0	0	0	0	0	0	0	0	0	0	0	2
21	Promersberger, Anna	4	0	2	2	9	.000	+1	1-2	1	0	0	0	0	0	0	0	0	0	0	0	5
15	Adolfsson, Jessica	4	1	0	1	12	.083	+1	1-2	1	0	0	1	0	0	0	0	0	0	0	0	7
7	Wallin, Olivia	2	1	0	1	4	.250	0	2-4	2	0	0	0	0	0	0	0	0	0	0	1	0
14	Gough, Julie	4	0	1	1	12	.000	+2	1-2	1	0	0	0	0	0	0	0	0	0	0	0	3
26	Uihlein, Mallory	4	0	1	1	7	.000	+4	0-0	0	0	0	0	0	0	0	0	0	0	0	0	5
13	Gangarosa, Rene	4	0	0	0	21	.000	+2	2-4	2	0	0	0	0	0	0	0	0	0	0	0	0
TM	TEAM	3	0	0	0	0	.000	0	1-2	1	0	0	0	0	0	0	0	0	0	0	0	0
	Total	4	11	17	28	186	.059	+30	17-34	17	0	0	3	0	2	3	1	0	0	0	2	51
	Opponents	4	4	6	10	104	.038	-	25-50	25	0	0	2	0	2	0	0	0	0	0	1	64

			Goal average			Saves	S		Record	d		Goals allowed					
##	Goalie	gp-gs	minutes	ga	avg	saves	pct	W		t	sho	рр	sh	en	pen	sog	
30	Bothun, Josie	4-4	244:06	4	0.98	100	.962	3	0	1	1	2	0	0	0	0	
TM	EMPTY NET	3-0	0:54	0	-	0	.000	0	0	0	0	0	0	0	0	0	
	Total	4-0	245:00	4	0.98	100	.962	3	0	1	1	2	0	0	0	0	
	Opponents	4-0	245:00	11	2.69	175	.941	0	3	1	0	3	0	1	0	0	



INDIVIDUAL GAME HIGHS

#3 Alyssa Machado

Points: ----Goals: ----Assists ----

#4 Maeve Connolly

Points: 1, 2x last vs. Syracuse, 12/6/20 Goals: ----Assists: 1, 2x last vs. Syracuse, 12/6/20

#6 Carrie Byrnes

Points: 1, 2x last vs. Syracuse, 12/6/20 Goals: 1, 2x last vs. Syracuse, 12/6/20 Assists ----

#7 Olivia Wallin

Points: ----Goals: ----Assists ----

#11 Kiara Zanon

Points: 2, vs. Lindenwood, 11/30/20 Goals: 1, 2x last vs. Syracuse, 12/5/20 Assists 1, 2x last vs Lind. 11/30/20

#13 Rene Gangarosa

Points: 2, 4x last at RIT, 2/15/20 Goals: 2, at Providence, 10/18/19 Assists: 2, 2x last vs Lindenwood, 1/11/20

#14 Julie Gough

Points: 2, at Vermont, 11/29/19 Goals: 1, 3x, last at Lindenwood, 2/22/20 Assists: 1, 4x, last vs. Syracuse, 12/6/20

#15 Jessica Adolfsson

Points: 2, vs. Cornell, 1/8/19 Goals: 1, 6x last vs. Lindenwood, 11/30/20 Assists: 1, 9x, last at Providence, 10/19/19

#18 Amy Dobson

Points: 1, 7x last vs. Syracuse, 12/6/20 Goals: 1, 4x last vs. Syracuse, 12/6/20 Assists: 1, 3x last at Mercyhurst, 1/17/20

#20 Natalie Heising

Points - 3, 4x last vs. RIT, 3/5/20 Goals - 3, 2x last vs. RIT, 3/5/20 Assists - 2, 3x last vs. RIT, 12/7/19

#21 Anna Promersberger

Points: 1, 13x, last vs. Syracuse, 12/6/20 Goals: 1, 4x, last vs RIT, 3/5/20 Assists: 1, 9x, last vs. Syracuse, 12/6/20

#23 Jess Ciarrocchi

Points: 1, 2x last vs. Syracuse, 12/6/20 Goals: ----Assists: 1, 2x last vs. Syracuse, 12/5/20

#24 Lyndie Lobdell

Points: 2, vs. Lindenwood, 11/30/20 Goals: ----

Assists: 2, vs. Lindenwood, 11/30/20

#26 Mallory Uihlein

Points: 3, at Vermont, 11/29/19 Goals: 1, 2x last vs. New Hampshire, 1/4/20 Assists: 3, at Vermont, 11/29/19

#27 Izzy Heminger

Points: 3, at RPI, 11/16/18 Goals: 2, vs. RPI, 10/12/19 Assists: 2, 2x last vs. Lind. 11/29/20

#29 Rachel Weiss

Points: 2, at Robert Morris, 11/1/19 Goals: 1, 3x, last at Lindenwood, 2/21/20 Assists: 1, 9x, last at Lindenwood, 2/22/20

#30 Josie Bothun

Saves: 35, vs. Syracuse, 12/6/20 Shutouts: 1, vs. Lindenwood, 11/29/20

#30 Annie Spring

Saves: ----Shutouts: ----

#32 Cam Leonard

Saves: 26, 2x last at Robert Morris, 11/1/19 Shutouts: ----

#35 Jenna Brenneman

Saves: 35, vs. Lindenwood, 1/19/18 Shutouts: 4, last vs. Lindenwood, 1/20/19

BROADCAST ROSTER



Alyssa Machado Freshman • Forward Mississauga, Ontario



Maeve Connolly Freshman • Forward West Roxbury, Mass..



Carrie Byrnes Freshman • Forward Eden Prairie, Minn.



Olivia Wallin Freshman • Forward Oakville, Ontario



Kiara Zanon Freshman • Forward Fairport, N.Y.



Rene Gangarosa Junior • Defense Rochester, N.Y.



Julie Gough Sophomore • Forward Newcastle, Ontario



Jessica Adolfsson Junior • Defense Linkoping, Sweden



Amy Dobson Junior • Defense Hamilton, Ontario



Natalie Heising Senior • Forward Wayzata, Minn.



Anna Promersberger Junior • Forward Fargo, N.D.



Jess Ciarrocchi Freshman • Defense West Chester, Pa.



Lyndie Lobdell Freshman • Defense Aurora, III.



Malloy Uihlein Sophomore • Defense Edina, Minn.



Izzy Heminger Junior • Defenseman Dublin, Ohio



Rachel Weiss Sophomore • Forward Calgary, Alberta



Josie Bothun Freshman • Goaltender Wyoming, Minn.



Annie Spring Freshman • Goaltender Winnetka, III.



Cam Leonard RS Junior • Goaltender Cary, N.C.



Jenna Brenneman Senior • Goaltender Eagan, Minn.



Jeff Kampersal Head Coach Fourth Season



Allison Coomey Associate Head Coach Fourth Season



Melissa Samoskevich Assistant Coach First Season



Krista Patronick Director of Operations Second Season



Logan Fischer Equipment Manager Third Season



Emily Stoeckel Athletic Trainer Fifth Season